



# Fond du Lac County Health Department Newsletter



Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.

## What's in the News?

### FREE Suicide Prevention Training at the Fond du Lac YMCA

QPR (Question, Persuade, Refer) is a practical and proven suicide prevention training. In just 90 minutes, learn how to identify and help someone in distress, and save their life! Free and open to the public.

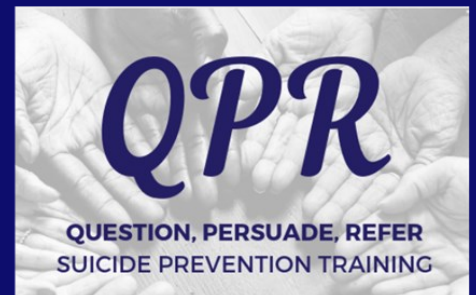
**October 8<sup>th</sup> • 5:30-7:00pm • YMCA**

**November 12<sup>th</sup> • 5:30-7:00pm • YMCA**

Register at [www.csifdl.org/qpr](http://www.csifdl.org/qpr)

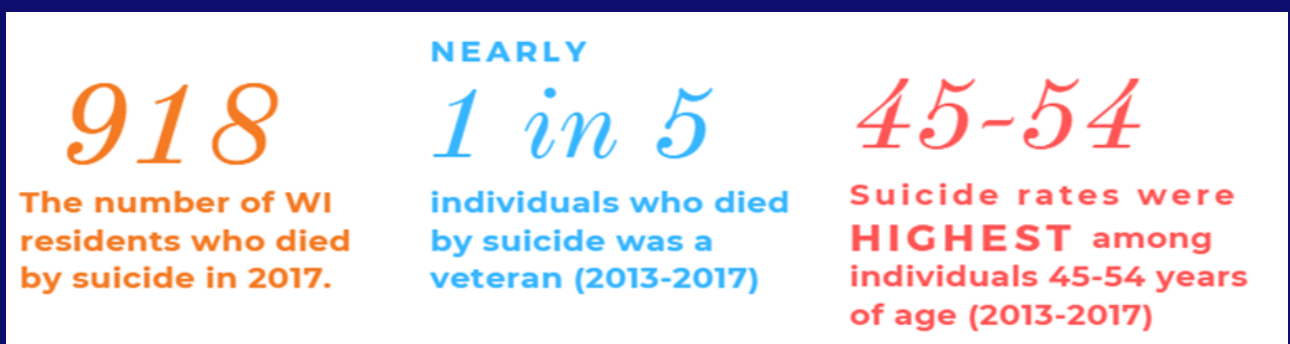
**Would you like to request a free QPR training for your department or group?**

Make the request here: <https://www.csifdl.org/request-a-qpr-training/>



Mental health is a community health priority and it is our goal to decrease the number of deaths by suicide. Suicide prevention training is important for everyone.

### Wisconsin Suicide Data



Data source: <https://www.dhs.wisconsin.gov/publications/p02478.pdf>

Suicide is preventable, and help is available. If you or someone you know is in crisis, contact Fond du Lac County Crisis Intervention at (920)929-3535 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

# **SLOW ROLL FONDY**

**October 23<sup>rd</sup> – start & end at Gillies**

**November 27<sup>th</sup> – location TBD**

Slow Roll is a social group bicycle ride that is a free and inclusive way to bring people from all walks of life together and reconnect the community. No registration necessary, just show up and have fun!

All ages & bicycle styles welcome! This is not a race – it's a slow roll!



## **Women, Infants, and Children (WIC)**

### **Fond du Lac WIC Renovation**

Fond du Lac County WIC wrote for and received a large grant for renovations to our office. The purpose of the grant was to remodel the office to meet confidentiality policies and increase customer satisfaction. The new clinic environment is secure and allows for both privacy and confidentiality as participants are brought to a clinic room where everything for the appointment is completed. WIC staff move in and out of the clinic rooms rather than having participants move 4-5 times over the course of an appointment as done previously.

As people start to feel more comfortable and confident in our new environment we hope to see the number of participants we are serving increase. We also anticipate that the improved confidentiality will allow for better nutrition education contacts and referrals as participants may feel more comfortable disclosing private information than in our previous setting. Feel free to stop on by if you have not had a chance to see the new offices yet!



## Environmental Health

Did you know that the Fond du Lac County Health Department offers bacteria and nitrate testing for private wells?

Why should you test your well water?

- Water is used for cooking, bathing, drinking, laundry, and other household activities. If your water is contaminated, you could become ill.
- Wells can become contaminated at any time.

Routine testing can help identify any problems with a well.

When should you test your well?

- At least annually for bacteria and nitrates.
- After heavy storms, flooding, heavy snowmelt in the Spring, or in the hot stagnant periods in late summer and early fall.
- Any time you notice a change in the taste, odor, or color of the water.
- If there are any changes to the well or if a new well is installed.
- If a well pump is installed or reinstalled.

Any time the well is entered for repairs.

Where can you pick up a test kit?

- Test kits are sold at the Fond du Lac County Health Department, located on the 3<sup>rd</sup> floor of the city/county building at 160 S. Macy St. in Fond du Lac.

The cost is \$22 for bacteria testing and \$19 for nitrate testing.

- Test kits can be picked up Monday through Friday between 8:00 am – 4:30 pm.
- Samples can be dropped off for analysis Monday through Wednesday between 8:00 am – 4:00 pm.



## Public Health Nursing

### Fall is Flu Vaccine Season

Despite the summer-like weather, it really is officially fall – and time to get your flu vaccine.

The Fond du Lac County Health Department began conducting public flu vaccine clinics this week. They will also be conducting school-based flu vaccine clinics at all area schools, beginning the week of Oct. 14<sup>th</sup>. The Health Department will be accepting walk-ins starting mid-October. Updated information on public clinics, including walk-in availability, will be on the Health Department's website [www.fdlco.wi.gov](http://www.fdlco.wi.gov).

“Public health is all about prevention, and getting a flu vaccine is the number one way to prevent and lessen the spread of Influenza,” explained Kim Mueller, Health Officer of Fond du Lac County. Mueller continued, “The Center for Disease Control (CDC) recommends everyone age 6 months and older receive flu vaccine.”

The Health Department offers standard flu vaccine for \$30.00 and a High Dose option for \$75.00, which is licensed for people over age 65. Studies have shown the high dose vaccine provides a stronger immune response in senior citizens, and it is covered by Medicare. The Health Department can bill Medicaid and Medicare Part B, including the following Medicare Advantage Plans: Anthem Blue Cross Blue Shield,

Network Platinum Plus, United HealthCare/AARP Medicare Complete. Please bring your current insurance card with you (the same card you show at a medical appointment).

### Public Flu Clinics

Tues. Oct. 1	9 am - 10 am	National Exchange Bank - 130 S Main St. FDL
Thurs. Oct. 3	9 am - 10:30 am	Piggly Wiggly, Campbellsport
Thurs. Oct. 3	9:30 am -10:30 am	Brandon Senior Center (Bristol Morgan Bank, Brandon)
Fri. Oct. 4	9:30 am - 10:30 am	Ripon Senior Center
Fri. Oct. 4	2 pm - 2:30 pm	TowerVilla, Rosendale
Mon. Oct. 7	10 am - 11 am	Eden Community Center, (East Main & Pine St)
Tues. Oct. 8	10:30 am -11:30 am	Pipe Senior Center (Jim & Linda's), W3496 Hwy W Pipe
Tues. Oct. 8	3 pm - 6 pm	Fond du Lac County Health Department
Wed. Oct 9	10 am - 11 am	Oakfield Community Center
Tues. Nov 5	8:30 am - 10:30	Fond du Lac Senior Center
Tues. Nov. 12	3 pm - 6 pm	Fond du Lac County Health Department
Tues. Nov. 12	12:30 pm - 2 pm	North Fond du Lac Community Center



## Emergency Preparedness

### Set Your Clocks, Check Your Stocks!

This year daylight saving time is Sunday, Nov. 3, 2019. When it's time to change your clocks, check your preparedness safety kit. It's a great time of year to make sure your emergency stockpile is not missing any essential items and that any food you have in there has not passed its expiration date. Store your safety kit in a location that is safe of falling objects, flood water, extreme heat and cold or any other potential threat posed by disasters in your area. Have all your supplies in a backpack or duffel bag for easy transporting if you need to leave your home.

Here are 10 essential items you should have in your emergency safety kit.

1. Three-day supply of water, with one gallon of water per person per day
2. Three-day supply of non-perishable foods
3. Manual can opener
4. First-Aid kit
5. Radio and blankets
6. Flashlight and lanterns
7. Batteries
8. Whistle to signal for help
9. Prescription medications
10. Battery-operated or solar cellphone charger



For more tip on creating your own emergency preparedness stockpile, see [www.getreadyforflu.org/clocksstocks](http://www.getreadyforflu.org/clocksstocks)

## Maternal Child Health

The MCH section would like to introduce our newest team member. Welcome to Robyn Wise!

Robyn is a Registered Nurse, coming to us from SSM Agnesian Health. She has taken on the lead role in our Childhood Lead Prevention program. Along with Childhood Lead Prevention, Robyn also serves as a Maternal Child Health Nurse in our home visiting program area and an active participant in community coalitions that impact our young families.

We are so happy to have her in the Health Department.



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